

MARCH 28, 1982  
GENERAL MEETING MINUTES  
LEHIHO

In May, the Lehigh Valley Help Organization will be here to speak.

There is \$454.00 in General funds.

At the General meeting in April, we will have a proctologist speak.

John O'Neil is from the Lehigh Valley Intake Drug and Alcohol Abuse and Task Center.

Drugs are abused such as:

1. Depressants
2. Narcotics (Opiates)
3. Amphetamines
4. Stimulants

Medication should be used on a short-term basis. Alcohol is a depressant. Physical dependence is from 30 to 90 days and it is slowly dependent. There are 3,714 depressants. Misuse--It is the use of prescriptions wrongly. Abuse--It is the use of a drug for other than what it is intended. Street names for drugs are named for the size, shape, color, or effect of a drug.

PCP (Angel Dust or Monster) is 100% manufactured illegally. It is a disassociation drug (mind and body). It is a hallucinogen. Unprovoked violence is common with PCP. When you smoke or snort it takes 6 to 8 seconds to work. There is no difference if a person is gay or straight with alcohol abuse.

Stimulants increase the heart rate and pulse rate.

Caffeine stimulants has an overdose level such as Dexatrim, and other diet drugs in drug stores.

Speed is an amphetamine and it deprives you of sleep and eating properly, and it advances aging. It gives a feeling of exhilaration. Most people use:

1. Needle--37%.
2. Snorting--13%.
3. Oral--50%.

Cocaine is a stimulant. Used Medically, it is an anesthetic. It is a short-term stimulant, like sugar. It is snorted (98%). You can develop an aneurysm or abscesses.

Free-Base Cocaine is reduced to a Sodium base which shortens the duration of the drug to 10 to 15 minutes but it is intensified.

Amphetamine (Poppers)--the veins are dilated and it can cause total dilation. It drastically alters blood pressure and it may cause strokes. Hallucinogens such as LSD (Acid) is Lysergic acid diethylamide 25). It creates psychosis and it creates a gross distortion. It can last 8 to 12 hours. Help people that have taken LSD by:

1. Reassuring them.
2. Babysit them.
3. Put them in a quiet and calm setting.

Try to have the person have a good trip.

4. Explain your moves to help them. Minimize paranoia.

Flashbacks--It is a recurrence of a brief experience with readministering the drug.